



IBU ACADEMY

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	21.05.2022	22.05.2022	23.05.2022	24.05.2022	25.05.2022	26.05.2022	27.05.2022
08:00	Arrival Day	L1.1 Ahrens: Coaching principles	L1. 4 and L1.5: Sattlecker: Shooting technique & methodology	L1.4 and L1.5 Sattlecker: Shooting technique & methodology	L1.6 Lindinger: Skiing technique basics	L1.8 Lindinger: Skiing technique basics	L1.8 Lindinger: Skiing technique methodology
08:30							
09:00							
09:30							
10:00							
10:30							
11:00		P1 Ahrens/Brevik/Wünn: Rifle Equipment					
11:30							
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30							
13:00		P1 Ahrens/Brevik/Wünn: Rifle Equipment	P3 Ahrens/Brevik: Breathing and aiming technique	P4 Ahrens/Brevik: Trigger and follow through	L1.6 Lindinger: Skiing technique basics	L1.8 Skiing technique methodology	Departure
13:30							
14:00		P2 Ahrens/Brevik/: Shooting positions					
14:30							
15:00			L1.3 Winterhalder: Equipment: Skis	P11 Ahrens/Lindinger: Skating technique principles	L1.3 Hoos: Equipment: Waxing		
15:30							
16:00			L1.20 Rothauer: Antidoping and Integrity				
16:30							
17:00							
17:30							
18:00							
18:30							
19:00	Social Evening						
19:30							
20:00							

Pilot First Level Course in Ruhpolding

In-class lectures
Practice
Lunch